

Cholera outbreak in Korea could ruin your day

By Airman 1st Class Brian Hill
8th Fighter Wing Public Affairs

A recent outbreak of Cholera across the Korean peninsula has prompted base officials to ask Wolf Pack members with symptoms to stop by the clinic to get tested.

The symptoms of a "classic cholera" infection are a sudden onset of profuse, watery, painless diarrhea, according to Capt. Nicole Boylan, 8th Medical Group. Nausea and vomiting may or may not be present.

About 25 percent of people will experience a low grade fever. With that said, however, in the majority of cases (95 percent), most people either don't have any symptoms, or have mild ones. After infection with cholera, most people (that get sick) show symptoms within five days.

Most people that are infected only remain communicable (able to transmit the disease to other humans) for several days after recovery. However, some people can be carriers for up to several months, Boylan added.

"Transmission of cholera occurs through ingestion of food or water contaminated directly with feces or vomitus from infected persons," said Col. Margaret Matarese, 8th Medical Group commander. "An outbreak is commonly associated with eating raw/undercooked seafood harvested from polluted waters infected with the bacteria vibrio cholerae."

Here are some recommendations for avoiding contamination:

- Proper personal hygiene (frequent hand-washing) is still best method out there to break the chain of infection.
- Ideally eat and drink from approved sources only. Be smart on the streets.

Stay away from salads – human fecal matter is commonly used as a fertilizer in this part of the world.

- If the food you order is supposed to be hot, make sure it is hot when served.
- Staying away from street vendors is strongly recommended!

Remind and stress to your people these general principles, especially anyone planning travel to the Southeast part of the peninsula.

If you experience any symptoms, especially stomach or bowel symptoms, or still don't feel well, call the base clinic at 782-4162 for more details.

Legal office announces UCMJ punishments

By Staff Sgt. Shawn Bauer
8th Fighter Wing Legal Office

A staff sergeant from the 80th Fighter Squadron received punishment under Article 15 of the Uniform Code of Military Justice in August.

The sergeant was found guilty of failing to follow technical orders, failing to refrain from consuming alcohol while on weekend duty, failing to respond to the weekend duty pager, and falsifying an official record.

The commander imposed a punishment of reduction to the grade of senior airman, 30 days restriction, 15 days extra duty and a reprimand.

Nonjudicial punishment provides commanders with an essential and prompt means of maintaining good order and discipline and also promotes positive behavior changes in service members without the stigma of a court-martial conviction.

Hometown
News holiday
greetings

An Army and Air Force Hometown News crew will be here Oct. 2 in front of the O'Malley Inn from 8 a.m. to 4 p.m. It's an opportunity to personalize your message that will be aired at your hometown to your family and friends. It will only take one minute of your time. Call 782-4705 for details, or visit <http://hn.afnews.af.mil/webpages/holidaygreetings>



Staff Sgt.
William Pittman



Pride of the Pack

Job: 8th Maintenance Squadron aerospace ground equipment mechanic
Hometown: Gainesville, Fla.
Follow-on: Eglin Air Force Base, Fla.
Hobbies: Watching sports and movies, reading, spending time with family and friends.

Nominees are selected for outstanding service and dedication to their unit. To nominate an individual, contact the member's group commander.

Mission-Oriented Protective Postures save lives

MOPP 0

Wear:
field gear (flak vest, helmet, web belt, canteen and gas mask carrier)

Carried:
overgarment, boots and gloves



MOPP 1

Wear:
field gear and overgarment



MOPP 2

Wear:
field gear, overgarment and overboots



MOPP 3

Wear:
field gear, overgarment, overboots and mask



MOPP 4

Wear:
field gear, overgarment, overboots, mask and gloves



MOPP Alpha

Wear:
field gear, mask and gloves

Carried:
overgarment and overboots

